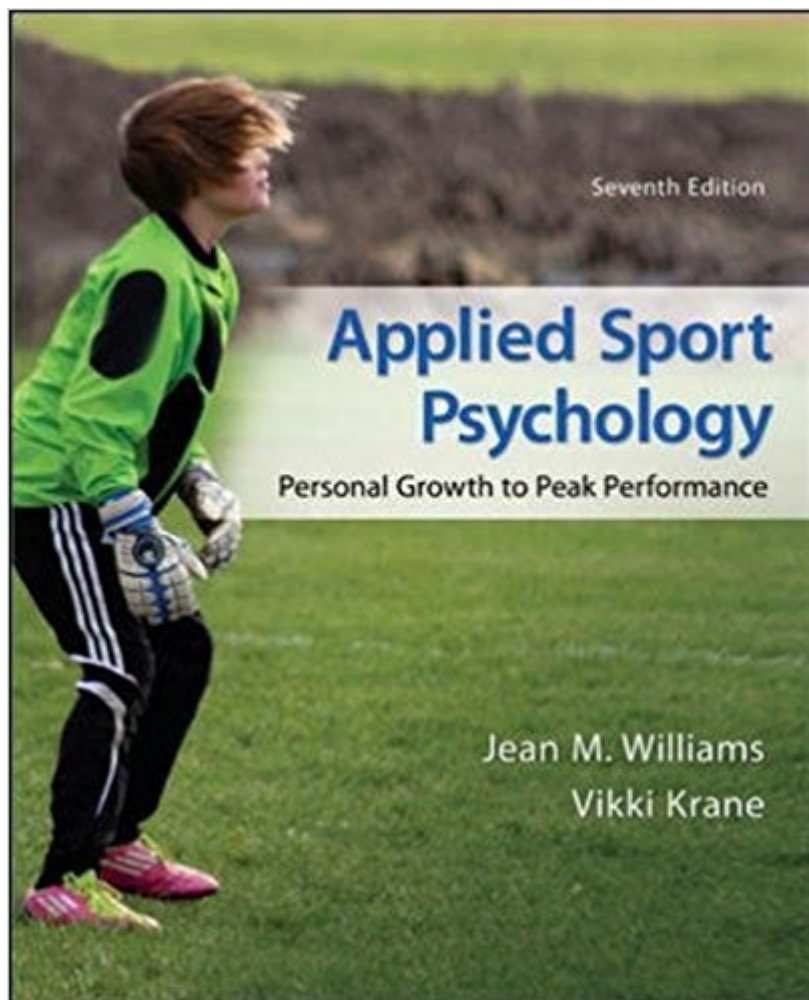




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Applied Sport Psychology: Personal Growth To Peak Performance (B&B Physical Education)



Synopsis

Applied Sport Psychology was written to introduce readers to psychological theories and techniques that can be used to enhance performance and personal growth of sport participants from youth to elite levels. The four-part organization covers learning, motivation, and social interaction; mental training for performance enhancement; implementing training programs; and enhancing health and well-being. This edition reflects the latest research, practice, and anecdotal examples in applied sport psychology. Applied Sport Psychology is particularly well suited as a text for classes in applied sport psychology and psychology of coaching. The book is also a valuable reference for practicing coaches, sport psychologists, and psychologists. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect[®] is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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Customer Reviews

Jean M. Williams is a professor emeritus at the University of Arizona where she served in the Department of Exercise and Sport Science and the Department of Psychology. She taught courses in stress and coping and psychology of excellence and consulted with intercollegiate athletes and coaches and with top amateur and professional athletes as well as supervised consulting. Dr. Williams has published nine books (seven edited) and more than 100 research articles and book chapters. Her research focused on psychology of injury, psychology of excellence, group dynamics and productivity, and exercise and mental health. She is a past president, fellow, and certified consultant in the Association of Applied Sport Psychology and a fellow in the National Academy of Kinesiology. Vikki Krane is a professor with the School of Human Movement, Sport, and Leisure Studies at Bowling Green State University. Her research focuses on gender and sexuality issues in sport psychology. Dr. Krane is a former editor of *The Sport Psychologist* and the *Women in Sport and Physical Activity Journal* and has been an editorial board member for the *Psychology of Sport and Exercise*, *The Sport Psychologist*, *Journal of Applied Sport Psychology*, and *Qualitative Research in Sport & Exercise*. She is a fellow of AASP and the National Academy of Kinesiology. As a certified consultant, AASP, Krane has consulted with a variety of athletes, including high school, rising elite adolescents, and college athletes.

The book content itself is great. However, the book did come in a little dented. Not sure how to claim that but it did come quickly.

This is an excellent book. Its content is practical and very applicable for coaches and people working with and around athletes. One of the better books I have read.

Used this for Psychology of Sport 320 and it's excellent at explaining theories and building onto one another. Honestly wish I had more time to read this book through my semester.

Great book, but very hard to read. I don't know about the paper book but reading it on Kindle Mac is really a torture. My eyes. Ah

The most helpful book of all that I have had to purchase for school!!!

Helped me pass my class and a very easy read. Shipping and returning was very simple which was of great help. Book was good as new

Decent book with studies and explanations.

THANK YOU

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